OCTOBER 20, 2008

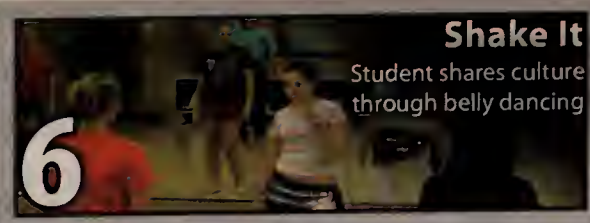
VOLUME 103, NUMBER 6

WARTBURG TRUMPET

5

**Wartburg paints the town orange**

Check out photos from this year's Homecoming festivities



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**Shake It**

Student shares culture through belly dancing

WEATHER

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PUB. NO. 666-740

100 WARTBURG BLVD., WAVERLY, IA 50677

**Amanda Gahler**/*TRUMPET*

Students sing "How Great Thou Art" at a Wednesday night Eucharist. Eucharist is a contemporary service that is open to students of all religions. Various students and organizations on campus give the message each week.

# More students attending Chapel and Eucharist

SEE IT. WTV 8 READ IT.

**SARAH MOON** *STAFF WRITER*

Chapel and Eucharist attendance is up after being down the past few years. Wartburg pastor Larry Trachte said he isn't sure why numbers have increased, but the first-year class could be a factor.

"They're the best class academically we've had and the faculty say they're much more involved than some of our previous classes," Trachte said.

Eucharist co-coordinator Aaron Schutte said he noticed it during orientation and he's impressed with the first-year class. However, Schutte said it's about continuing where they left off last year.

"We really worked to establish a leadership team that's solid," Schutte said.

The strong leadership allows Schutte and co-coordinator Kendra Reiter to have more time to prepare the service.

Attendance at chapel and Eucharist was also high during the 1990s. The chapel was built in 1993, which was also around the time when Eucharist started.

Trachte said the idea for Eucharist came about after the University of Northern Iowa started offering a Wednesday night worship service. This was a different experience for students because many of them were from Lutheran, Catholic or Methodist backgrounds and might not be used to a more contemporary service, Trachte said.

"I think one exciting thing about the '90s is that there was a real openness and acceptance to a variety of experiences," Trachte said. "There was this feeling we're all Christians."

Trachte said this feeling of acceptance is one way to keep attendance up. There wasn't a definite reason why chapel and Eucharist attendance was down in the past few years, Trachte said. Some students simply don't go because they're busy. Others don't go because they aren't Lutheran, or if they are Lutheran they don't go because it's not like their church back at home, Trachte said.

Trachte also said many students come to Wartburg to get involved in music or sports. Students don't typically come to Wartburg because it's a college of the church.

Campus ministry might have been able to do more to reach out to students in the past, he said. Some students attend every day by themselves, but Trachte said students generally feel like they need an invitation.

See EUCHARIST TRIES **page 2**

# Former professor leaves behind legacy at Wartburg

SEE IT. WTV 8 READ IT.

**ELLEN KURT** *ASSISTANT NEWS EDITOR*

Wartburg Professor Emeritus and Iowa broadcasting legend Grant Price died Friday, Oct. 17.

Price served as a professor of communication arts at Wartburg from 1990 until 2005.

During that time, he not only served as a professor, but also changed the communication arts world at Wartburg.

"Everything we do in this department is a direct result of the foundation he laid for us," Dr. Jeff Stein, R.J. McElroy Chair and Executive-in-Residence in Communication Arts, said.

The intention when he was hired was to bring the communication arts department to the next level, according to an article written by Karris Golden for "Wartburg Magazine."

When he started at the college, the only form of electronic media available to students was radio. A grant from the R.J. McElroy Trust launched the installation of a TV studio and control room and the re-naming of the department to McElroy Communication Arts Center.

Price and his wife, Fadra, have also established scholarships in their names that honor communication arts students.

Stein said in a note to his advisees

See PRICE IMPACTED **page 2**

# May term opportunity to visit Wartburg's sister city

**ELLEN KURT** *ASSISTANT NEWS EDITOR*

This May Term, students in the communication arts and business departments have the opportunity to travel to Eisenach, Germany.

Since Eisenach is Wartburg's sister city, the Lord Mayor of Eisenach, Matthias Doht, decided to pay a special Homecoming visit to Wartburg to get students excited about the May Term trip and to experience Wartburg for the first time.

"I am impressed by the power and knowledge of Wartburg, and I'm ready to put our partnership to the next level," Doht said.

The partnership between Wartburg and Eisenach began in 1992, and has been growing ever since.

"We would like to make the exchange more successful, and we want students from Eisenach to come to Waverly for high school and college," Doht said.

To help get students from the business department excited about this trip, Stephan Rometsch, economics professor in Eisenach, gave a speech Monday to the International Trade and Finance class.

Lord Mayor Doht has a busy schedule during his one-week stay. He

See DOHT PLEASED **page 4**

# New parking lots near "The W" for community members, visitors

**ANDREW NOSTVICK** *OP/ED EDITOR*

New parking changes are in store around "The W" as things just got easier for guests and visitors.

Two new lots, M and O Lots, have been added to help with community member parking around "The W."

"Students are not allowed to park in this lot since they already have their assigned parking lot across the streets," Director of Campus Security John Myers said.

A gate was set in place for M Lot in early September.

"Prior to that gate, during athletic events and other activities in "The W" or stadium, I had to station a security officer to check member IDs to ensure there were spaces available for community members wanting to use 'The W,'" he said. "This was costly and manpower intensive."

Myers said the issue of whether it would affect football games or other sporting events would be minimal.

"We rarely, if ever fill that lot with members, so on a case by case basis, we let handicap marked cars and some football patrons in the lot, but then close it off so it doesn't fill up and as a result leave community members without a place to park," he said.

A second lot, O Lot, is located on the west side of 12th street NW, opened to visitors over the weekend.

Myers said they still have some work that needs to get done, including installing lights and striping the surface.

"There would be periods when we have to close it to complete construction," he said.

Physical Plant director John Wuertz said there are plenty of spaces in O Lot.

"The lot will provide over 60 places for family members and guests to park to attend campus activities, including athletic events, commencements, fairs and other activities," Wuertz said.

**Contact Andrew Nostvick at Andrew.Nostvick@wartburg.edu**

**Amanda Gahler**/*TRUMPET*

M Lot is directly behind Walston-Hoover Stadium. The lot can only be accessed by community members of "The W." A gate was installed to help keep non-community members from using the parking lot.

# NEWS

## Conference will focus on people with disabilities

ARELLA SWAN *STAFF WRITER*

An Empowerment Conference on Nov. 18 will address the issues people with disabilities face.

The conference will have a keynote address by Megan Herickhoff, a first-year student who has narcolepsy.

"We are hoping that attendees will hear Megan's story and be inspired to meet 'The Challenge of a New Life' through community involvement, volunteerism and fulfilling work," service-learning coordinator Renee Sedlacek said.

The empowerment conference's theme is "The Challenge of a New Life."

The conference workshops will include self-empowerment, workforce development and service opportunities.

Students on campus feel things like the Empowerment Conference and National Disability Awareness month bring awareness and tolerance to people with disabilities.

"It shows everyone that disabled students can succeed, even though we go through barriers," Tom Dirth said.

Accommodating the disabled students on campus is something Wartburg has just started to do, but other things can be changed.

"Wartburg has done what they've been required but haven't gone beyond that," Dirth said.

This conference is a start to a bigger progression at Wartburg to become fully accessible to students with disabilities.

"I think it highlights the fact that our college cares about this issue... I think this conference will definitely bring some state-wide attention to Wartburg," Sedlacek said.

Registration begins at 9 a.m. and there is a $10 registration fee. There is no cost to attend for students, their accompanying teachers or National Service members.

The deadline for registration is Nov. 10.

Contact Arella Swan at Arella.Swan@wartburg.edu

## Price impacted students' lives

FROM PAGE 1

and students in his classes, "... Just seeing you as you worked was a pleasure for him, because it not only gave him encouragement for the future of our profession, but because it reminded him of so many other students he taught who were now 'in the real world' and that gave him fond recollections."

One of those students, KCCI-TV reporter Eric Hanson, said he is blessed to have had Price as a professor and adviser for four years.

"He was like a third grandpa to me. The things that he taught me, I use every day in my career," Hanson said.

Since his time as a professor, Price had been cataloging items in the Archives of Iowa Broadcasting. He was an important part of the establishment of the archives in Vogel Library.

Teaching was Price's second career. He was an Iowa broadcast journalist for more than 40 years.

He was vice president for news and public affairs at KWWL-TV in Waterloo from 1972-89. Prior to that, he served as a reporter and then director of news services at the former WMT-TV stations in Cedar Rapids. He also worked at KXEL radio in Waterloo and at KSCJ Radio in Sioux City.

While at KWWL, Price hired anchor Ron Steele, who has been at the station for more than 30 years.

"It is very difficult to find words which adequately describe this man, to whom so many of us owe our careers. He was not just a boss; he was truly a friend, who lived life with a determination to make the world a better place to live," Steele wrote on his blog.

There will be a visitation at Locke Funeral Home from 4-7 p.m. Tuesday. The funeral will begin at 11 a.m. Wednesday at First Presbyterian Church in Waterloo.

Contact Ellen Kurt at Ellen.Kurt@wartburg.edu

## Eucharist tries to attract more people

FROM PAGE 1

"We need to keep expanding the base. We need to keep reaching out and letting people know what's available and how it might enrich their life at Wartburg," Trachte said.

Beth Chung started going to Eucharist her freshman year with other girls on her floor. Eucharist allowed her to meet other people with different beliefs and make friends. She continues to go because she likes the atmosphere.

"It's a very open setting," Chung said. "You don't have to be a certain religion in order to come."

Chung said students might not go because they don't know what Eucharist is about. The Eucharist committee tries to send out a survey once or twice a year to get feedback from students and is always looking for new ideas.

"As long as we can capitalize on student's ideas, we can really see attendance increase," Schutte said.

Contact Sarah Moon at Sarah.Moon@wartburg.edu

## Bookstore takes precautions against shoplifting

SARAH MAXWELL *STAFF WRITER*

The Wartburg Bookstore has been a spot for shoplifting and is taking precautions to stop that trend.

"We track inventory on a regular basis and see how much has changed," the bookstore manager Arlene Schwarzenbach said.

The most common items taken from the bookstore are books and clothing.

The bookstore has a new program that allows employees to track inventory on their computer. "The items are scanned into the computer," Naiya Panchal said. "When we do inventory, we just look to see what items are missing."

It is too early to know how much merchandise has been taken and if the number is on the rise or decline. The bookstore has no previous record so they have nothing to compare the inventory to.

The bookstore also has moved the backpack bins into the store from outside the McCoy West doors. Schwarzenbach said the bins were made with the building and have always been outside the store.

"Having the backpack bins at the front of the store creates one entrance and exit to the store, which makes it harder for somebody to sneak out with an item," Panchal said.

Students don't need to worry about someone walking off with their bag; there is always an employee to keep an eye on them.

"I just never felt comfortable having students leave their bags outside the store," said Schwarzenbach. "It's safer to have them in the store."

When a student gets caught shoplifting, he gets sent to Director of Residential Life and the Associate Dean of Students Pete Armstrong who takes care of the disciplinary action.

"The student will be invited in for a conduct proceeding and is offered the choice of a hearing either with the student board or the administration board," Armstrong said.

The punishment will vary. The student can receive a warning or be reprimanded, receive community service or restitutions. "They try to make the discipline action appropriate to the crime and to have it associate the punishment with the crime," Schwarzenbach said.

"We want the punishment to be educational not solely punishment. We will respond in a reasonable and appropriate manner provided we get a reasonable and appropriate response," Armstrong said.

Armstrong said that they are looking for a change in behavior or remorse.

Contact Sarah Maxwell at Sarah.Maxwell@wartburg.edu

Amanda Gahler/*TRUMPET*

Backpack bins, which were originally located outside the Wartburg Bookstore, are now located inside the bookstore. People must leave their belongings in these bins while they shop.

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# OP/ED

## Letter to the editor

### Recycling plastic bags is possible

To the Editor:

Our Lohe room project is focused on recycling and we are very excited that the Wartburg campus is taking more steps to become more environmentally friendly. We were thrilled to see last week's article "Recycling Initiative Starts Out Strong," but we do have a small suggestion to make.

In the graphic "Recycling 101," the first point states that plastic bags cannot be recycled. While this may be true for on-campus recycling facilities, we want everyone to be aware that plastic bags CAN be recycled.

Plastic bag recycling collection sites can be found in many locations such as Walmart and Hy-Vee.

We encourage everyone to use these facilities to reduce the amount of plastic bags in landfills and to contribute to Wartburg's efforts to become a "green campus."

Sincerely,

Lohe 356
Laura Claussen, Leanna Nelson, Jessi Bullis, and Amanda Gahler

TRUMPET

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or e-mailed to trumpet@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

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## Remember to be sustainable this fall season

**JEN WENDLAND** *STAFF COLUMNIST*

As the weather slowly turns colder and the sweaters come out of the closet, my thoughts once again turn to energy conservation. I try to wait as long as possible before adjusting the thermostat and turning on the heat. It helps me think even a little harder into living sustainably, since National Sustainability Day falls on Oct. 22.

Many new initiatives have made the campus more environmentally friendly. There are recycling bins outside each res hall, trayless dining in the Mensa and increased discussion and awareness of being green.

There is still more that can and should be done. Turn off the lights when rooms and buildings are no longer in use. Plastic silverware on campus should be replaced with metal or biodegradable silverware. Appliances and electronic signs should be switched to Energy Star appliances.

It is important to remember that the change begins with the individual. Bring back a couple of extra sweatshirts and blankets after fall break and maybe even an extra pair of warm socks or slippers. Dress warmer and turn the thermostat down. You can even buy window covering that will let less cold air in for a relatively low price.

By doing even this, you save the school a good deal of money, lead to less energy use and pollution and bring the school one step closer to sustainability. If you don't have control over your thermostat, than talk to someone who does.

Contact Jen Wendland at
Jen.Wendland@wartburg.edu

From the Other Side of the Desk

## Snatch moments of happiness

**KATHY BOOK**
*ASSOCIATE PROFESSOR OF EDUCATION*

Sometimes we get so caught up in our daily lives with all the deadlines we have to meet, the commitments we have made and tedious requirements that need attention, it seems as though schedules and planners rule our lives.

Several weeks ago, I misplaced my planner and had a major panic attack.

I knew where I was supposed to be to start the day, but beyond that I didn't remember what I had scheduled or where I was supposed to be, let alone with whom I was scheduled to meet.

Fortunately, after frantically retracing my steps, I located my planner. It made me realize how reliant we have become upon having our lives dictated by schedules.

When I look back on my life I realize that I have allowed the "have-to" lists in my planner to take precedence over important moments that are now irreplaceable.

Unfortunately, we can't save time in a bottle. I have lost the opportunity to spend more time with my dad before he died, to spend more time with my children when they were growing up, to do all the things I wish I had done last year, last month, last week, even yesterday. All of this because schedules prevailed.

This week I attended a meeting in Des Moines and had some drive time to reflect.

Randy Pausch's book "The Last Lecture" made me think that if I don't take time for myself and snatch moments of happiness now, I may not be able to retrieve them later.

So on the way home from Des Moines I stopped at my daughter's to see her new puppy. We sat on the floor and played with the puppy and got lots of puppy kisses.

It was definitely a moment of happiness. I have challenged myself to take the time to snatch more moments of happiness. Where are you snatching your moments of happiness?

Contact Kathy Book at
Kathy.Book@wartburg.edu

## Facebook politics are getting out of control

**KYLE FLEMING** *STAFF COLUMNIST*

The 2008 election is easily one of the most important elections in recent history. Almost the entire world is paying attention to Sens. John McCain and Barack Obama as they race, neck and neck, to the White House.

However, many undecided voters are becoming upset at how personal the attacks on the candidates are becoming and with a huge influx of young voters, it's becoming more apparent than ever on the social networking site, Facebook.

Facebook allows young people who are excited about politics to write notes about their political views and the candidates they support. But like all Internet outlets, things can sometimes spin out of control.

On Oct. 1, I saw in my news feed that one of my Facebook friends wrote a note about Republican vice presidential candidate Sarah Palin.

The point of the article was about how there was a "double standard" with the way Palin and Obama were being treated by the media; namely, how Palin had to be a "walking encyclopedia" while Obama could just "read speeches off of a teleprompter." I'm very liberal, but I could see where he was coming from in regards to the media jumping on Palin's inexperience.

However, his note took a dangerous turn when he claimed that this was a form of "Affirmative Action," and that racism was a "dead issue in society" that minorities use to "gain sympathy" from others.

The backlash was significant: over half of the 72 replies attacked this person for bringing race into an area where it didn't belong.

From there, the comments spiraled down to a group of people yelling at another group of people, and the original argument was completely lost.

Sadly, this isn't the first time I've seen this type of primitive deterioration in regards to politics, nor will it be the last.

It seems like anytime someone turns on the television or opens a newspaper, the polarization of the Democratic and Republican parties leap out as pundits and experts yell and scream over the same talking points. It's like four-year-olds yelling over who goes down the slide first.

Some would call these actions typical of young people; others would say the younger generation is learning from the adults. Either way, it appears that in this day and age, "civil" and "political discussion" are mutually exclusive terms.

Which goes back to this note on Facebook. One of the people who commented on the note mentioned something interesting in a class discussion.

"It's weird that [he] won't tell me this stuff to my face, but as soon as he gets on Facebook, he can say whatever he wants."

I am not against anyone wanting to put their views out for everyone to see, but just remember: anything you write on Facebook has your name attached to it.

Be respectful, not only when posting something, but also when commenting on someone.

Contact Kyle Fleming at
Kyle.Fleming@wartburg.edu

# News

## Piglet gets first taste of Hamm

### *WASE raises $150 in kiss-a-pig contest*

SEE IT. WTV 8 READ IT.

STEFFANI TOLLEFSON *STAFF WRITER*

Dressed in a tiara and sash, President William Hamm kissed a pig Saturday afternoon.

The Wartburg Association of Student Educators held a raffle all week to see who students, faculty and alumni wanted to see kiss a pig.

"You have to say there is a little justice; I mean my name is Hamm. If you're going to have a pig kissing contest, who better than Hamm?" Hamm said.

Just a couple of dollars separated Hamm and professor of education Kevin Fiene from the kiss.

"Can't say the thought of kissing a pig is all that appealing but suffice to say, I've done dumber, worse things for a lot less worthy cause so I'm good with whatever happens," Fiene said.

A few students' wishes came true, while Director of Residential Life Peter Armstrong brainstormed ways to avoid kissing the pig.

"I am prepared to make sure someone else wins if it looks as though it is going to be a close race. I have already contributed to all of the other candidates' jars," Armstrong said.

"I have considered taking a second mortgage to stuff everyone else's jar but decided that wouldn't be fiscally prudent and we certainly want to be fiscally prudent these days," Fiene said.

They collected money last Tuesday at the volleyball game, at the Mensa Wednesday through Friday and then at the Renaissance Faire Saturday.

All of the money raised by WASE will support pre-service teachers.

Portions of the money will also go towards projects WASE is working on like buying books for children.

They raised a total of $150 in the kiss-a-pig contest.

President Hamm said he thought the pig was more upset about it than him.

"The tongue was too much though. I didn't know pigs had tongues," Hamm said.

Brittany Feagans/*TRUMPET*

The pig waits to be kissed by President Hamm Saturday. The event was a fundraiser for Wartburg Association of Student Educators.

Amanda Gahler/*TRUMPET*

President William Hamm prepares to kiss a pig on the steps of Old Main.

Contact Steffani Tollefson at Steffani.Tollefson@wartburg.edu

## Famous pianist performs with Community Symphony

JOSH MONIZ *STAFF WRITER*

World-famous pianist Frank Wiens played with the Wartburg Community Symphony Saturday as they kicked off their performance season with a Homecoming concert.

Wiens is the professor of piano at the University of the Pacific in Stockton, Calif. He has given a concert tour of the country every year since 1974 and has performed in many countries around the world, including the United States, the United Kingdom, the former Soviet Union and South Korea, where he has performed twice. In addition, Wiens has been a soloist with several orchestras, including the Atlanta, Denver and Detroit Symphonies.

"I have always loved to perform. I try to share my ideas of the music with the audience when I perform. You are hoping to connect with the audience and share who you are," Wiens said.

The decision for Wiens to perform at Wartburg began two years ago. Wiens was attending the Iowa State Music Teachers Association convention, where he spoke with Ted Reuter, professor of piano. Reuter mentioned Wartburg Community Symphony, and Wiens said he would be interested in performing with them. Reuter contacted professor of music and conductor of Symphony Orchestra Janice Wade and showed her a copy of one of Wiens' performances. Wade then contacted Wiens and organized a time for him to perform.

In addition to Wiens, a Waverly woman performed with the orchestra. Donna Ruggles, the former interim pastor of Bethel Lutheran Church in Parkersburg, sang. She studied at the Music Academy of the West in Santa Barbara, Calif. She has performed in Beverly Hills, Hollywood, Brentwood as a soloist in the Los Angeles Lyric Opera, California Opera ensemble and the Honolulu Symphony. She has also performed on seven cruise ships, including the Queen Elizabeth II.

"She has a marvelous voice. She's a great singer and she has lots of experience performing with other orchestras," Wade said.

This is Wade's 22nd season as conductor. She is also the conductor, music director and founder of the Des Moines Community Orchestra.

This year's opening performance was a different format than it has been in the two previous years. The last two opening concerts showed classic silent films while the orchestra performed the music.

"We don't do silent films all the time. It's a matter of keeping variety. However, there is a possibility we would do another next year," Wade said.

Contact Josh Moniz at Josh.Moniz@wartburg.edu

## Doht pleased with May trip

FROM PAGE 1

spent the weekend taking in all of the Homecoming festivities. He also met with the Waverly City Council and the Wartburg Board of Regents.

The title Lord Mayor means that he is responsible for everything in Eisenach, Doht said. This includes organizing tourism, culture, sports and education for schools.

Doht has been Lord Mayor for two years and within that time he has seen an increase in tourism.

"Tourism is the second biggest tax income after automobile manufacturers. It is so large because of the culture, but the hotels and restaurants are a large feature in this too," Doht said.

He also said that students traveling to Eisenach during May Term should experience the Wartburg Castle.

"It is a symbol of European and German integration, because a war never started from the castle. It is also a symbol of peace and trust. It is one of those buildings that every German knows where it is," Doht said.

The Lord Mayor likes the May Term program because it is intensive. Students live in their own apartments. That way they can see the way things are organized and have a better experience, Doht said.

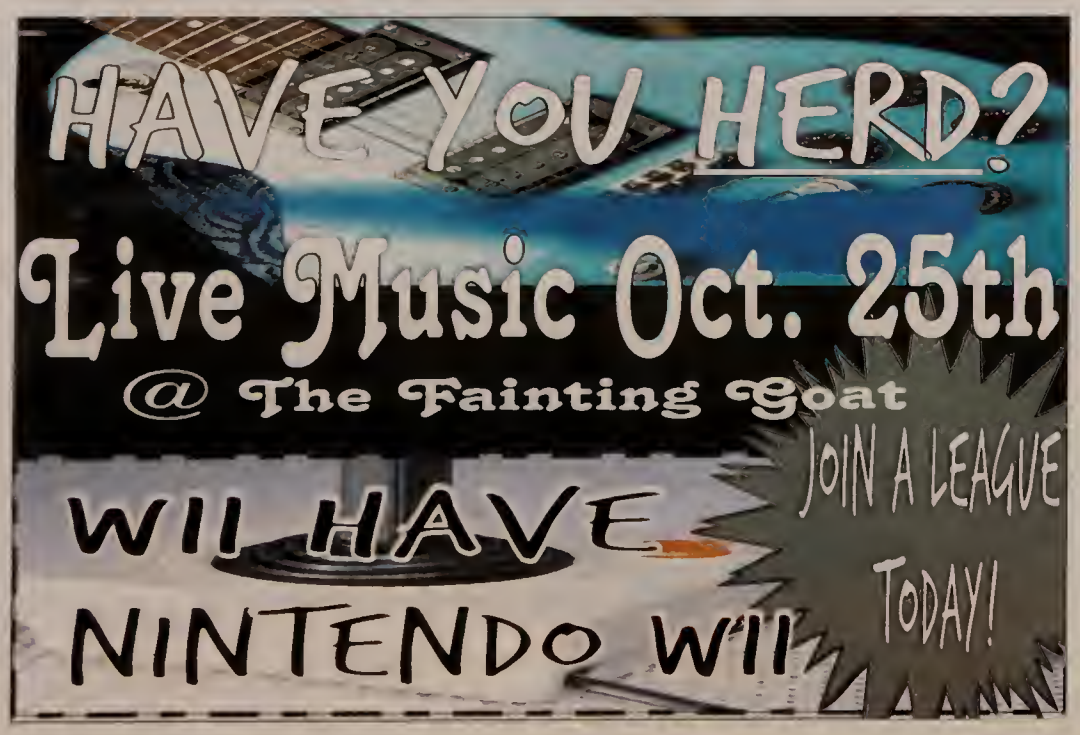
Students should also have a good understanding of the German language and German history and culture to be better prepared for the trip.

"One thing students can do to make the trip more enjoyable is to really describe what kind of internship that they want and what they hope to get out of the trip," Heike Apel, president of Eisenach's sister city organization, said.

Apel also said she likes the idea of the trip and the relationship between Eisenach and Wartburg.

If anyone is interested in going on the trip to Eisenach, they can contact Pam Ohrt at Pamela.Ohrt@wartburg.edu.

Contact Ellen Kurt at Ellen.Kurt@wartburg.edu

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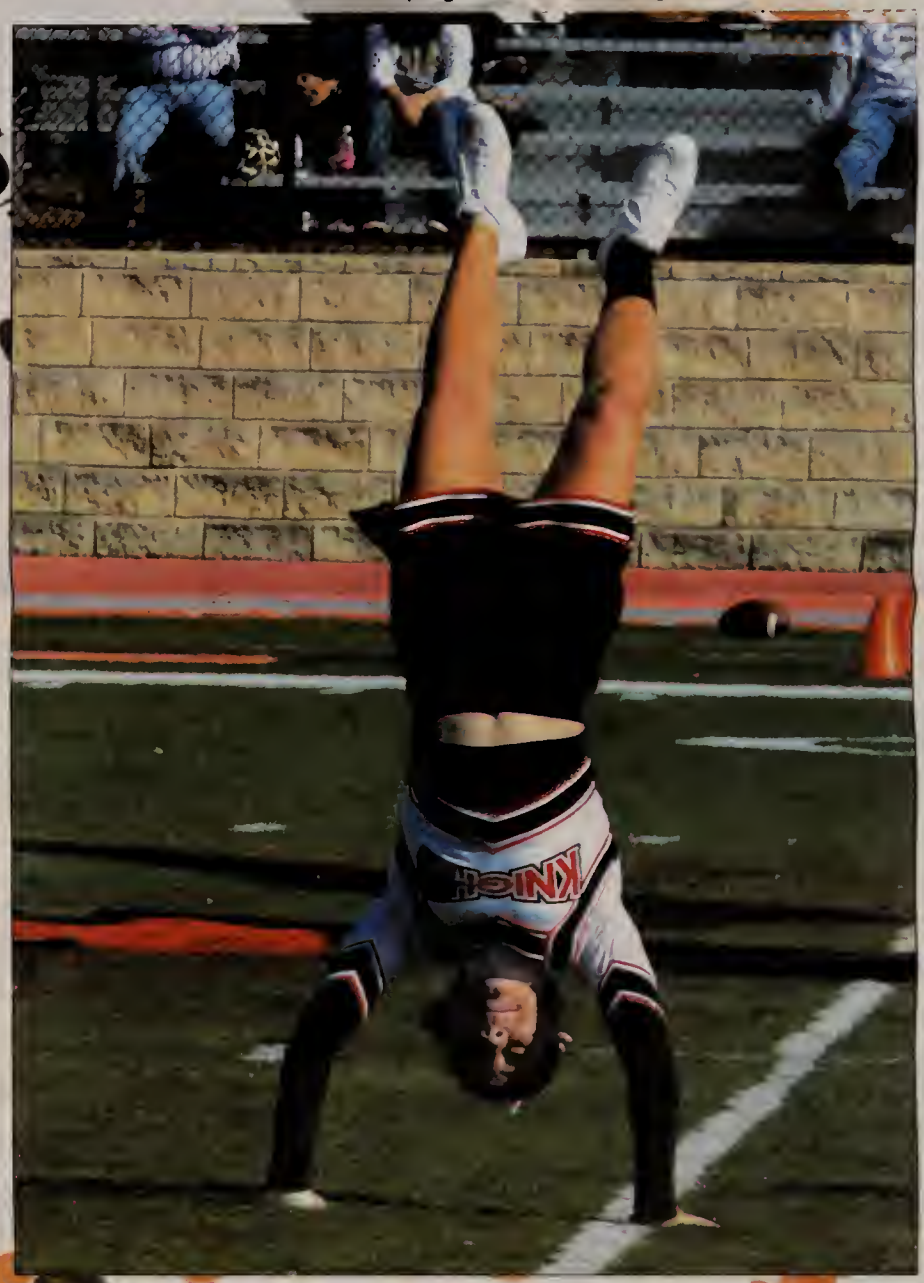
# KNIGHTLIFE

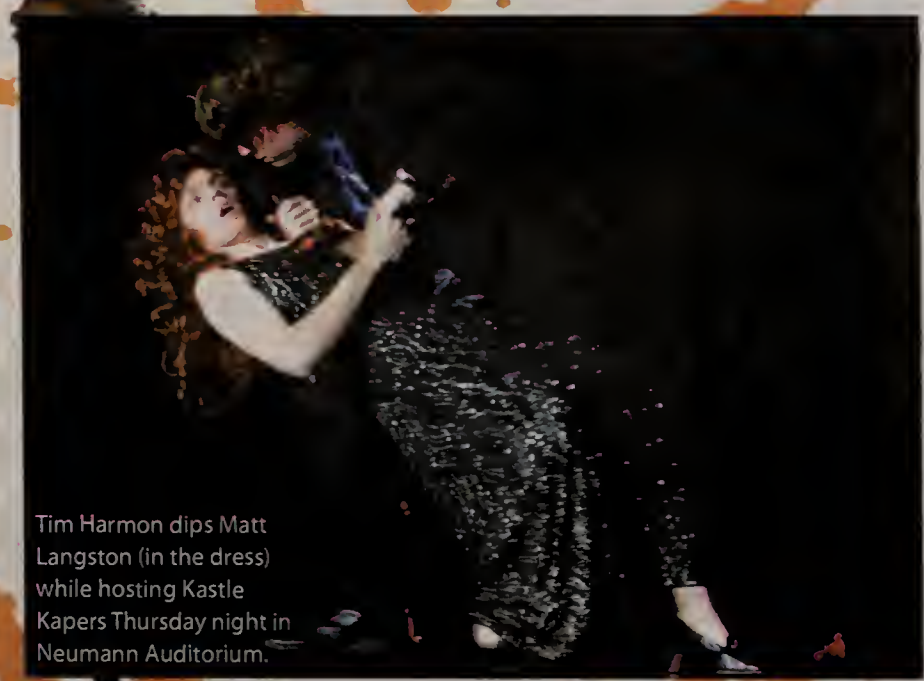
Josh Kuennen sings "The Haunting" by Anberlin as part of Kastle Kapers Friday. He was accompanied by Kirk Sweitzer on guitar and Jessica Nilles on the piano.

Above–Students gather around the Wartburg Ultimate Team booth at the Renaissance Faire.

Below–Emily Ewy performs back handsprings during the cheerleaders' halftime program at the football game Saturday.



Romeo Djoumessi and Kaidin Doyle celebrate being crowned Homecoming king and queen as Garrett Hufford looks on.



Tim Harmon dips Matt Langston (in the dress) while hosting Kastle Kapers Thursday night in Neumann Auditorium.

Photos by Amanda Gahler, Brittany Feagans and Luke Shanno. Layout by Luke Shanno.

# Student shares tradition of belly dancing, discusses health benefits

BRITTANY FEAGANS *PHOTO EDITOR*

When Pamela Sejnaui hears the drum beats, her body responds with a series of fluid, feminine movements known as belly dancing.

"I feel the music, and it is a part of me and my culture," she said.

Starting last Wednesday, Sejnaui began offering belly dancing classes at "The W" for women.

"You do not have to be a certain age, size or be at a specific fitness level in order to be able to belly dance," Sejnaui said. "Men do not belly dance, their role in the dance is just to court the lady."

Although she was born and raised in Colombia, Sejnaui's heritage is Arabic.

"My mom is from Syria and belly dancing is the traditional dance there, so I grew up with it," Sejnaui said. "I have been to Syria twice. I practiced there and got some moves."

Belly dancing, or raqs sharqi in Arabic, is the traditional dance in many Middle Eastern countries, including Syria, Jordan, Egypt and Turkey. Even though the dance features slight variations depending on the country, the essential moves are the same, Sejnaui said.

Sejnaui, who has been dancing since she was seven years old, learned the belly dancing tradition from her mother, who had a belly dance academy in Colombia.

"I really do not perform for money, although I have done non-profit work. I participated in the launching of a non-profit organization by dancing in the initiating ceremony in a country club," Sejnaui said.

There are many health benefits associated with belly dancing.

"It is a really good workout. Dancing for an hour is really fun and burns the same amount of calories as being on a treadmill for 45 minutes," Sejnaui said.

To emphasize the benefits of belly dancing, Sejnaui referred to Dr. Carolle Jean-Murat, a gynecologist and belly dancing practitioner.

According to Jean-Murat, it is possible to burn more than 300 calories during an hour of belly dancing.

Belly dancing helps women obtain a trim waistline by contracting muscles and using repetitive movements.

"The different moves, such as hip drops, pivots and rolls, utilize different muscle groups and work with the body instead of against it. Belly dancing tones these muscles to obtain flexibility," Sejnaui said.

Other benefits of belly-dancing include stress relief and posture improvement. The dance requires concentration and repetitive motion, which helps alleviate stress, Sejnaui said.

By toning the muscles surrounding the spine, belly-dancing helps prevent Lordosis, which is the curving of the spinal cord due to weak muscles.

Through her classes, Sejnaui shares her passion for belly dancing while helping participants achieve the benefits belly-dancing offers.

The October class is full, however Sejnaui intends on offering belly dancing classes in the future.

Members of "The W" pay $5 per month, and non-members pay $15 to attend the class.

To inquire about private lessons, contact Sejnaui at pamela.sejnaui@wartburg.edu.

**Contact Brittany Feagans at Brittany.Feagans@wartburg.edu**

Pamela Sejnaui teaches belly dancing to women each week in "The W." She learned to dance when she was seven years old from her mother, who had a belly dance academy when they lived in Colombia.

**Brittany Feagans/*TRUMPET***

# Homecoming allows alumni to see changes and share memories

EMILY SCHMITT *KNIGHTLIFE EDITOR*

Alumni, who attended Homecoming, said they enjoyed seeing how Wartburg has changed since they graduated decades ago.

This year's homecoming was the first time Kay Pannkuk and her husband have been to Wartburg since they graduated 50 years ago.

"We're very impressed with the buildings and all the technology on campus. It's a lot different than when I went here," Pannkuk said.

Fred Mueller, a member of the class of '44, said there are many new buildings on campus, but even the old buildings have changed.

"I lived in the old Grossmann Hall, which now has a different name," Mueller said. He said he was surprised to learn it is now named Founders and there is a new building named Grossmann.

"I haven't been in Waverly since 2000. My cousin is one of the alumni being honored tomorrow [Sunday] so we came to see her and the college," Ardell Dietzler, a 1961 graduate, said. She traveled from Knoxville, Tenn., with her husband, Bill Dietzler.

He was impressed with "The W."

"When I looked at it, it looked like a building that belongs at a place like the University of Tennessee back home, not at little Wartburg College in Waverly, Iowa. It's amazing," Bill Dietzler said.

When he graduated, Mueller said the college had 174 students.

"That's almost as many as are on Wartburg's football team now," Mueller said.

Mueller played on the Wartburg football team. "We played a football team in Wisconsin one cold and rainy day. I played guard. And I remember somehow getting the ball. I scored the only six points of that freezing game," Mueller said.

Others also recalled the activities they were involved with as Wartburg students.

"I was in the Wartburg Choir. I remember all the incredible tours I went on with that group," Carla Eysink, a 1988 graduate, said.

A member of the class of '57, Maurine Janssen said she was in the first physical education class offered for women at Wartburg.

Another alumnus said he spent a lot of his time in college working on the newspaper staff. "I was the only two-time editor of the Trumpet ever, I think," Wilbur Flachman, a 1960 graduate, said.

Flachman traveled back to Wartburg with his brother, Leonard Flachman, a member of the class of 1958. He was the editor of the Fortress while he attended Wartburg.

"I remember the Fortress consuming a lot of my time," Leonard Flachman said.

He said his work on the yearbook is the reason he now owns his own publishing company.

Longtime friends Pannkuk and Ken Schroeder came back to campus for their 50th class reunion. They celebrated with a group of alumni from the small northeast Iowa town of Garnivillo.

Schroeder said six students from the town, which has a population less than 1,000, attended Wartburg within a couple years of each other.

While the changes to the physical appearance of campus are obvious, many alumni said it is the people at Wartburg that makes it a special place.

"It's good to see some friends from years ago, to recognize some of our old classmates and learn what they are doing," Ardell Dietzler said.

"I like seeing all the people that come back," Margaret Mueller said. "Everyone here is so courteous, it's just not like a lot of other places you go."

**Contact Emily Schmitt at Emily.Schmitt@wartburg.edu**

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# SPORTS

## Rugby rumbles again

PAM RODGERS *STAFF WRITER*

Wartburg women's rugby started in 1997 and has been helping to strengthen participants' character ever since.

"This sport is more aggressive and has more contact than most sports. I know Army Rangers who told me they would never play the game because 'it's too rough.' That says a lot about the girls that come out for the sport," Michael McInroy volunteer coach said.

While bumps, bruises and cuts are part of the game, serious injuries are rare.

"I've also gotten an outlet for stress not only through all of the running but also through the tackling," said Debi Bolle in her second year on the squad.

"We do everything as a team. We practice as hard as we play. We are a sport that truly leaves everything on the field," Erika Nelson said.

Rugby allows the women who participate to get the positives of activity as well as a chance to be a part of a campus organization. It gives players the possibility to acquire skills that go beyond the rugby pitch.

"I have gotten a lot of leadership skills out of it and a lot of good teamwork qualities. I have also learned to stick with something even when it isn't going as well as it could," Shelby Colwell who has been playing rugby for four years said.

Rugby is a game for women of all shapes and sizes. There is a certain amount of risk involved; therefore, many skills are required and allow people with different levels of abilities to play.

"A common misconception is that you have to be big to play rugby. You don't have to be," Bolle said. "We need big people, small people, runners, kickers, tacklers, etc."

McInroy has been with the team since it began. He was absent last year because of his deployment to Iraq. Now, he's back and wants to get as many girls out as possible.

"We are in a building year," he said. "We would like to have a full side, 15 players, at least for games and practices. That means we need at least 25 on our roster then we can focus on bigger achievements."

The team practices Monday, Wednesday and Friday. The women meet at the steps of Clinton Hall at 4 p.m.

The weekend games are played at home or as far as Decorah Cedar Falls and Des Moines.

"You don't have to know anything about rugby. Most people don't know anything about it when they start, and you don't have to be 'athletic,'" Colwell said.

With the amount of contact involved in the sport, it is important to be accepting of all who play.

"This team has unbeatable chemistry," Nelson said. "We all get along great and are comfortable with each other."

Contact Pam Rodgers at
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## Knights lose in three to Duhawks

AL STRAIN *STAFF WRITER*

Last Tuesday was a rough night for Wartburg's volleyball team, as they hosted an unbeaten opponent in IIAC play. Loras visited Levick Arena, and downed the Knights in straight sets.

Game one was all Duhawks from the opening serve to the final kill. Loras won with a commanding 25-16 victory. The Knights had some work to do going into game two.

**IIAC Standings**

| Team | IIAC | Overall |
|---|---|---|
| Loras | 5-0 | 18-4 |
| Simpson | 5-0 | 16-9 |
| Central | 4-1 | 14-13 |
| Cornell | 3-3 | 15-12 |
| Luther | 2-3 | 15-10 |
| Wartburg | 2-3 | 7-20 |
| Buena Vista | 2-4 | 7-19 |
| Dubuque | 1-4 | 10-18 |
| Coe | 0-6 | 3-24 |

**Volleyball**

It was back and forth the whole set and was tied at 20 later on. Loras rallied and halted a late charge by the Knights to win the set 25-23.

Head coach Jennifer Walker said her team tried not to think about the momentum lost by losing such a tight set.

"I think we had the right mindset, but they came out and got the first few points," Walker said. "I think we committed some errors, and I think when we commit errors it's a bigger than when we give up a point."

Walker felt the errors early in the set dropped the momentum for her team. Wartburg went on to lose the third set and the match with a score of 25-19.

Loras was led by Danielle Lewis and Betsy Neverman, who had 11 and eight kills respectively. The win moved the Duhawks to a 5-0 IIAC record.

The Knights were led by Kelsey Steffens and Lindsay Schneider, who each had 11 kills. Britney Hermsen added 30 set assists and Channing Merchant chipped in with 16 digs. The loss put the Knights below .500 with a 2-3 IIAC record.

The Knights will take on the 5-0 Simpson Storm in Indianola on Tuesday at 7:30 p.m.

Contact Al Strain at
Alexander.Strain@wartburg.edu

**Four Stooges Football Predictions**

Austin "Get Rowdy" Draude
KWAR Sports

Seth "The Judge and" Drury
WTV8 Sports

Nikki "No-Nonsense" Newbrough
WTV8 Sports

Mac "McLovin" Slavin
Trumpet Sports

**Standings**

1. "The Judge" 18-4 (4-0)
2. "No-No" 15-7 (4-0)
T-2. "McLovin" 15-7 (3-1)
4. "Rowdy" 9-13 (3-1)

## Women's tennis compete at individuals meet in Cedar Rapids

PAM RODGERS *STAFF WRITER*

The Wartburg women's tennis team participated in the IIAC individual tournament last Friday and Saturday with Molly Eslick bringing home fourth place in the top flight of the tournament.

After receiving a bye in the first round, Eslick easily defeated her second-round opponent, Brynne Zinnecker of Luther 6-1, 6-0. She won her quarterfinals match in straight sets 6-4, 6-0 over Coe's Katy Delagardelle.

Eslick lost her semifinal match 1-6, 2-6 to eventual tournament champion Hannah Jensen of Coe. Eslick played in the third-place match and battled Central's Hilary Baehr to the end. She lost the first set 6-1 then fought back in the second set forcing a tie break, which she eventually lost 7-2.

"The first day of the tournament I played really well and stuck to my strategies to make it into the semifinals. The second day I struggled against the tough opponents and was disappointed with my play, but happy with my overall result of fourth," Eslick said.

Eslick brought home all-conference honors for the second year in a row. The tournament ends her fall singles record at 17-5.

"For me, I feel that I played well most of the season against tough competition and played my heart out," she said.

Wartburg's Emily Heying also played in flight A of the tournament, but was unable to get out of round one. Natalie Branstad, Kaley Grant, Shannon Boock and Alana Schneider all participated in flight C of the tournament. Grant, Boock and Schneider won their first round matches.

Grant defeated Bethany Druvenga of Central 8-3, Boock topped Central's Dani Cameron-Cruz 8-5, and Schneider conquered Lindsy Loney of Dubuque 8-5. All three were unable to advance past the second round.

In the doubles competition, Eslick and Heying teamed up for the flight A competition. The duo defeated their first round opponents from Coe 8-3. In round two; the pair was stopped by Zinnecker and Kelsie Allen of Luther 8-5.

The tournament concluded the Knight's fall season. The Knights team record ended at 1-15.

"The fall season this year was somewhat of a struggle for the team as we only had one team win, but we didn't let it deter us from playing our best and staying close as teammates," Eslick said.

Contact Pam Rodgers at
Pam.Rodgers@wartburg.edu

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## Sports Brief

The Knights' soccer teams were in action this week with the women winning 10-1 and the men winning 4-1 as they traveled to Buena Vista Tuesday.

The women were lead by Rachel Oswald and Chelsea Frye as the duo sent three goals apiece to the back of the net in the win.

The men were lead by Ed Axcer Way with two goals in their 4-1 win.

The men will be in action again Monday, while both teams will host the University of Dubuque Wednesday with the women set to kick off at 3 p.m. and the men at 5 p.m.

TRUMPET SPORTS

**Women's rugby kicks off season**

Knights celebrate 11 years on the pitch

**Upcoming Schedule**

Today - Men's Soccer v. Carleton @ 3:30 p.m.

Tuesday - Volleyball @ Simpson @ 7:30 p.m.

Wednesday- Women's Soccer v. University of Dubuque @ 5 p.m.

Friday - Volleyball @ UW - Whitewater @ 3 p.m.

Saturday - Football @ Simpson @ 1 p.m.

# Slow start leads to big win for Knights

## *Knights' Homecoming win over Duhawks brings them to a tie atop the IIAC standings*

**SETH DRURY** *ASSISTANT SPORTS EDITOR*

A consistent offensive attack and a persistent hammering of defense led the Knights to a 35-7 victory on Saturday. The homecoming win combined with a Buena Vista loss landed the Knights in a tie for the top of the Iowa Conference with a 4-1 record.

The excitement of Homecoming didn't quite spill onto the field as the first quarter was a battle of fumbles. After two unsuccessful drives, Kyle Goodchild forced a fumble recovered by Josh Faaborg.

That drive would fizzle out and the punt would create another opportunity for the Knights. A muffed punt by Alex McGrew at the Loras nine was pounced on by Jason Lansing, which gave the Knights a great opportunity.

On the following play a mishandled pitch took the momentum right out of the Knights sideline.

*"I think the whole key for us offensively,* is eliminate the unforced errors, and I think if we do that we well be a better football team.

"We are making big plays and when you can make explosive plays it really changes the game and makes things a lot easier," head coach Rick Willis said.

Big plays came with 10 minutes left in the second quarter when Nick Yordi found Dan Bauder for a 51-yard touchdown pass after Bauder had some fancy footwork to elude Duhawk defenders.

The big play would help the Knights again when Yordi found Ryan Hoerner for 21 yards. On the following play Yordi connected with Justin Vetter who had four catches, two of them for touchdowns. Vetter totaled 125 yards of receiving in the game.

"The offense is starting to gel a little, we're starting to figure it out and not have as many mistakes. We've had some good practices and that has been the start of everything right there. We're getting it done and the coaches are doing a good job planning," Vetter said.

After Vetter's touchdown it was a 14-0 lead for Wartburg at halftime.

A third-quarter drive for the Knights upped the lead to 21 after a one-yard touchdown run by Alex Boom. The drive lasted seven plays and went for 54 yards.

Another touchdown by the Knights was finally answered by Loras to end the shutout opportunity for the Wartburg defense.

"We're starting to come together as a defense, we forced some turnovers and made some plays. We were just having some fun playing as a team," Kyle Goodchild said.

"The defense played huge, (the) defense has played well all year and when they get turnovers or good field position we have to take advantage of it and we did that better today," Yordi said.

**Luke Shanno/*TRUMPET***

Kyle Goodchild forces a fumble from Loras's Alex McGrew, Wartburg caused five Saturday

Wartburg wasn't done as Yordi found Vetter for Yordi's third touchdown on the day from 33 yards out on a 3rd-and-31. Yordi ended the day 13-19 for 267 yards and three touchdowns.

"Well this was a huge game for us and I think our guys did a great job preparing through the week and taking advantage of their mistakes early," Willis said.

The Knights compete in their final road test for the 2008 season Saturday in Indianola against the Simpson Storm. Simpson's homecoming game is scheduled for a 1 p.m. kick-off.

**Contact Seth Drury at Seth.Drury@wartburg.edu**

# Big finishes in bigger race for women and men

**Luke Shanno/*TRUMPET/ File Photo***

Anna Kryaaenbrink led the Knights to a first place finish in Wisconsin

**DREW SCHRADEL** *STAFF WRITER*

The men's and women's cross country team traveled to Wisconsin this past weekend and came home with a women's team championship and two top individual finishers.

Brian Chenoweth and Anna Kryaaenbrink led their respective teams with Chenoweth finishing in the top five and Kryaaenbrink winning the women's half of the meet individually.

The women's team finished third overall at the Jim Drews/Tori Neubauer Invitational, with Kryaaenbrink coming away as the champion with a time of 21:31, a personal best and places her second on the all-time women's performance list. She sits 2:03 away from Missy Buttry's top time.

The women's team also had high finishes from Jennifer and Amanda Kuiken who finished in 21st and 22nd as they both finished with a time of 22:34.

Emily VanOosbree finished 45th with a time of 23:00 and the top five were rounded out by Lori Tlach who also ran a personal best with a time of 23:13 good enough for 59th place.

"They ran great," head coach Steve Johnson said. "We talked about how the women were going to run this race, the strategy going into it and they executed it to perfection; and because of it almost the entire team ran personal bests."

The No. 3-ranked Knights took third place overall with a score of 146 points only finishing behind two Div. I schools. The team champion was South Dakota State University who finished with 81 points and in a very close second place was the University of Minnesota who finished with 82.

The men were lead by Chenoweth who ran a personal best of 25:01, which gave him fourth place individually.

Jon Stover finished 79th with a personal best time of 26:42 and Joel Rasmussen finished 151st with a time of 27:28.

Nick Lee ran a time of 27:46 and Brendan Thompson wrapped up the men's top five, running a 27:53 good for 195th place.

"We went out too cautious especially in a crowded field," Johnson said, "We dropped back behind where we wanted to be very early and after we did that it was hard to reel back enough runners to make a significant difference."

The men's team finished 19th with a total of 460 points. No. 3-ranked UW-La Crosse won the meet with a score of 86.

Second place was University of Wisconsin with a score of 163 and Iowa Central Community College took third place with a score of 169 points.

On Nov. 1 both teams will be running in the Iowa Conference meet in Storm Lake. The races are scheduled to start at 11 a.m.

**Contact Drew Schradel at Drew.Schradel@wartburg.edu**